

ABSTRACT OF THE DISCLOSURE

A golf swing training device includes a grip including a grip bore, a shaft including a shaft bore, a tension cord received within the grip bore and the shaft bore, a first securing device configured to prevent the tension cord from slipping out of the grip bore and the shaft bore, and a second securing device configured to prevent the tension cord from slipping out of the grip bore and the shaft bore, wherein the second securing device creates tension on the tension cord by restricting movement of the training device and is configured to be received within an opening formed in an open door.